

# HOPE COUNSELLING SERVICE

England & Wales · Charity number 1185376

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2019-09-18

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Hope Counselling Service  
233 Kings Road  
Reading  
RG1 4LS

**Phone** 0118 328 3258

**Email** [office@hopecounselling.org](mailto:office@hopecounselling.org)

**Website** [www.hopecounselling.org](http://www.hopecounselling.org)

## Activities

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**Objects:** THE OBJECT OF THE CIO IS TO PROMOTE AND PROTECT THE MENTAL HEALTH OF PEOPLE RESIDING IN READING AND THE SURROUNDING AREAS THROUGH THE PROVISION OF A COUNSELLING SERVICE IN ACCORDANCE WITH THE VALUES OF THE CHRISTIAN FAITH.

**Activities:** To promote and protect the mental health of people residing in Reading and the surrounding areas through the provision of a counselling service in accordance with the values of the Christian faith.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

## Geography

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- Hampshire
- Oxfordshire
- Reading
- West Berkshire
- Windsor And Maidenhead
- Wokingham

## Finances

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Period end	Income	Expenditure	Assets	Employees
2024-12-31	£15,784	£23,718	-	-
2023-12-31	£21,414	£21,047	-	-
2022-12-31	£28,202	£21,447	-	-
2021-12-31	£18,910	£16,866	-	-
2020-12-31	£19,739	£14,630	-	-

## Trustees

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Name	Role	Appointed
DEBORAH ANN HUNT		2019-05-08
Jane Elizabeth Clark		2023-01-19
Neil Hooley		2019-02-18
William Stewart Johnston		2023-01-19

**HOPE COUNSELLING SERVICE**

England & Wales - Charity number 1185376

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# Accounts

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## Trustees' Annual Report for the period

From: 1 January 2024

To: 31 December 2024

Charity name: HOPE COUNSELLING SERVICE

Charity registration number: 1185376

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>The object of the CIO is to promote and protect the mental health of people living in Reading and the surrounding areas through provision of a Counselling service in accordance with the Christian faith.</b>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<b>Counselling to individual adults in person and online. Counselling supervision for the counsellors. Providing managerial and administrative services to run the charity. Fundraising.</b>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The Trustees have had regard to the guidance issued by the Charity Commission on public benefit.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	<b>During this period there have been 14 volunteer counsellors working with the service. 7 volunteers were fully trained counsellors and 7 were trainee counsellors. There have been 5 Trustees.</b>

Other		
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## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p><b>Hope Counselling Service (HCS) counselled 128 members of the public and provided 1204 counselling sessions during this period.</b></p> <p><b>Common presenting issues have been anxiety and depression. Other presenting issues included grief, relationship breakdown, anger, and difficulties in managing life changes. Through counselling, HCS makes a difference to the lives of individuals, and in turn, to families, workplaces, society and the local community. It enables those who require more than Talking Therapies can offer, to receive help. It provides counselling for those unable to afford the cost of private counselling.</b></p> <p><b>We have provided in person and online counselling with both daytime and evening appointments.</b></p> <p><b>Referrals are largely from Talking Therapies, and we also receive referrals from local charities, community support organisations, faith leaders etc. There are also referrals via the local university.</b></p> <p><b>All of the counsellors are supervised by a qualified counselling supervisor every 2 weeks. The supervision fees are paid from HCS funds.</b></p> <p><b>HCS provides placements for trainee counsellors. A number remain with HCS once qualified. The counsellor body is approximately half fully qualified and half trainees.</b></p> <p><b>In 2024 HCS had a part-time manager and a part-time administration assistant.</b></p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
	Para 1.41	

Performance of fundraising activities against objectives set		
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>At the end of 2024 the bank balance was £12 273.40.</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>HCS is a small charity and relies on donations from clients and financial gifts. The economic climate means that our clients do not always give donations for counselling which cover the costs and so some reserve enables HCS to continue to function. During 2024, donations from clients have reduced and the bank balance has steadily reduced. The reserve will allow HOPE to continue to fund building rental, a part-time administration assistant and a very part time manager. Efforts are being made to seek donations from local organisations though these are limited in success. A reserve will be required in order to pay self employed people working with Hope for a period of time, should the service have to wind down and cease.</b>
Amount of reserves held	Para 1.22	<b>£12 273.40</b>
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	<b>None</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>Going forward into 2025 there is some concern about funding. Due to the economic climate, and our client base, Hope's donations have reduced this year. The Manager and Trustees will review some processes in order to attempt to rectify this and attempt to improve the financial position.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<b>Donations from clients of the service. Some donations of up to a few hundred pounds from individuals and from local organisations.</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	

Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	<b>Constitution</b>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>CIO</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>The Trustee body appoints new Trustees having regard to their skills, knowledge and experience. The Trustee body has been stable in 2024 with a body of 5 Trustees of different professional and life experience. This includes a Counsellor who was also a Counselling supervisor.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	HOPE Counselling Service
Other name the charity uses	
Registered charity number	1185376
Charity's principal address	229 Kings Road, Reading RG1 4LS  Postal address: 233 Kings Road, Reading RG1 4LS

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Alison Stewart	Chair of Trustees		The whole Trustee body agrees to the appointment of new Trustees.
2	William Stewart Johnston	Treasurer		
3	Neil Hooley	Safeguarding Trustee		
4	Debbie Hunt			
5	Jane Clark			
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**Corporate trustees – names of the directors at the date the report was approved**

<b>Director name</b>		

**Name of trustees holding title to property belonging to the charity**

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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#### Name of chief executive or names of senior staff members (Optional information)

Deborah Marsden, Manager
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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information

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## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<u>A. Stewart</u>	
Full name(s)	Alison Stewart	
Position (eg Secretary, Chair, etc)	Chair of Trustees	
Date	15 October 2025	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Hope Counselling

1185376

## Receipts and payments accounts

CC16a

For the period from	Period start date 01/01/2024	To	Period end date 31/12/2024
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
	14,758	-	-	14,758	14,758
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>14,758</b>	<b>-</b>	<b>-</b>	<b>14,758</b>	<b>14,758</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>14,758</b>	<b>-</b>	<b>-</b>	<b>14,758</b>	<b>14,758</b>
<b>A3 Payments</b>					
Office	2,365	-	-	2,365	2,365
Rent	2,458	-	-	2,458	2,458
Staff	17,869	-	-	17,869	17,869
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>22,693</b>	<b>-</b>	<b>-</b>	<b>22,693</b>	<b>22,693</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>22,693</b>	<b>-</b>	<b>-</b>	<b>22,693</b>	<b>22,693</b>
<b>Net of receipts/(payments)</b>	<b>- 7,935</b>	<b>-</b>	<b>-</b>	<b>- 7,935</b>	<b>- 7,935</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>- 7,935</b>	<b>-</b>	<b>-</b>	<b>- 7,935</b>	<b>- 7,935</b>

**Section B Statement of assets and liabilities at the end of the period**

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank Balance 31/12/2024	12,273	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	12,273	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	W. S. JOHNSTON	28/10/25

**HOPE COUNSELLING SERVICE**

England & Wales - Charity number 1185376

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# Accounts

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## Trustees' Annual Report for the period

From: 1 January 2023

To: 31 December 2023

Charity name: HOPE COUNSELLING SERVICE

Charity registration number: 1185376

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>The object of the CIO is to promote and protect the mental health of people living in Reading and the surrounding areas through provision of a Counselling service in accordance with the Christian faith.</b>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<b>Counselling to individuals in person and online. Counselling supervision for the counsellors. Providing managerial and administrative services to run the charity. Fundraising.</b>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The Trustees have had regard to the guidance issued by the Charity Commission on public benefit.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	<b>During this period there have been 14 volunteer counsellors working with the service</b>

Other		
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## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p><b>Hope Counselling Service (HCS) counselled 102 members of the public and provided 1650 counselling sessions during this period.</b></p> <p><b>Common presenting issues were anxiety and depression. Other presenting issues included grief, relationship breakdown, anger, and difficulties in managing life changes. Through counselling, HCS makes a difference to the lives of individuals, families and the community. It enables those who require more than Talking Therapies can offer, to receive help. We have provided in person and online counselling with both daytime and evening appointments. Referrals are largely from Talking Therapies, and we also receive referrals from local charities, community support organisations, faith leaders etc. There are also referrals via the local university.</b></p> <p><b>The counsellors are provided with supervision from a qualified counselling supervisor every 2 weeks. The supervision fees are paid from HCS funds.</b></p> <p><b>HCS provides placements for trainee counsellors. A number remain with HCS once qualified. The counsellor body is approximately half fully qualified and half trainees.</b></p> <p><b>HCS has a part-time manager and a part-time administration assistant.</b></p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	

Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>At the end of 2023 HCS had £20 207 in the bank</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>HCS is a small charity and relies on gifts. The room rental and admin. assistant had been paid for by others during most of 2023 and HCS will be starting to bear these costs in 2024. The economic climate means that our clients do not always give donations for counselling which cover the costs and so some reserve enables HCS to continue to function. HCS would like to expand slowly, and the reserve will provide extra funding for room rental and the ability to fund part time hours for an admin. assistant.</b>
Amount of reserves held	Para 1.22	<b>£20 207</b>
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	<b>None</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>HCS has no uncertainties about going forward into 2024.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<b>Counselling donations.</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	<b>Constitution</b>
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , <a href="#">CIO</a> )	Para 1.25	<b>CIO</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>The Trustee body appoints new Trustees having regard to their skills, knowledge and experience. The Trustee body has been stable with two leaving and the two new Trustees already having links with the charity. The expertise of those leaving has been replicated in our new Trustees.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	HOPE Counselling Service
Other name the charity uses	
Registered charity number	1185376
Charity's principal address	229 Kings Road, Reading RG1 4LS  Postal address: 233 Kings Road, Reading RG1 4LS

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Alison Stewart	Acting Chair of Trustees		The whole Trustee body agrees to the appointment of new Trustees.
2	Elaine Holmes	Chair of Trustees	Until 25 April 2023	
3	Andrew Stewart Johnston	Treasurer	From 25 April 2023	
4	Barry Young	Treasurer	Until 25 April 2023	
5	Neil Hooley	Safeguarding Trustee		
6	Debbie Hunt			
7	Jane Clark		From 25 April 2023	
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20				

**Corporate trustees – names of the directors at the date the report was approved**

<b>Director name</b>		

**Name of trustees holding title to property belonging to the charity**

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

#### Name of chief executive or names of senior staff members (Optional information)

Deborah Marsden, Manager

## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information

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## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

A. Stewart

Full name(s)

Alison Stewart

Position (eg Secretary,  
Chair, etc)

Acting Chair of Trustees

Date

23 May 2024



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  No (if any)

## Receipts and payments accounts

CC16a

For the period from	Period start date 01/01/2023	To	Period end date 31/12/2023
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### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
Gifts/Grants	6,853	-	-	6,853	-
Counselling Donations	13,771	-	-	13,771	-
GA Tax Refund	742	-	-	742	-
Amazon Shop	41	-	-	41	-
Giff Gaff Refund	8	-	-	8	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>21,414</b>	<b>-</b>	<b>-</b>	<b>21,414</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>21,414</b>	<b>-</b>	<b>-</b>	<b>21,414</b>	<b>-</b>
<b>A3 Payments</b>					
Counselling Supervision	6,045	-	-	6,045	-
Equipment	48	-	-	48	-
General Admin	1,666	-	-	1,666	-
Insurance	122	-	-	122	-
Manager	8,442	-	-	8,442	-
Rent	2,280	-	-	2,280	-
Communications	1,155	-	-	1,155	-
Training	1,290	-	-	1,290	-
	-	-	-	-	-
<b>Sub total</b>	<b>21,047</b>	<b>-</b>	<b>-</b>	<b>21,047</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>21,047</b>	<b>-</b>	<b>-</b>	<b>21,047</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>367</b>	<b>-</b>	<b>-</b>	<b>367</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>367</b>	<b>-</b>	<b>-</b>	<b>367</b>	<b>-</b>

**Section B Statement of assets and liabilities at the end of the period**

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>20,208</b>	-	-
(agree balances with receipts and payments account(s))		Agreement Error	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>A. Stewart</i>	ALISON STEWART	23/5/24

**HOPE COUNSELLING SERVICE**

England & Wales - Charity number 1185376

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# Accounts

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3	Neil Hooley		
4	Debbie Hunt		
5	Alison Stewart		

**Name of chief executive or names of senior staff members (Optional information)**

Deborah Marsden, Manager

**Declarations**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Elaine Holmes</i>	<i>BAYang</i>
Full name(s)	Elaine Holmes	BARRY ANTHONY YOUNG
Position (eg Secretary, Chair, etc)	Chair of Trustees	TREASURER
Date	25/4/23	

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	BANK BALANCE	19,025	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>19,025</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))			

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>Elaine Holmes</i>	ELAINE HOLMES	25/4/23
<i>BAL Young</i>	BARRY YOUNG	25/4/23



Section A Independent Examiner's Report

Report to the trustees/members of Hope Counselling Service

On accounts for the year ended 31/12/2022 Charity no (if any) 1185376

Set out on pages 5 and 6

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2022.

Responsibilities and basis of report As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act
the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed: [Signature] Date: 3/4/2023

Name: IAIN DAVID GEORGE

Relevant professional qualification(s) or body (if any):

Address: 59 ST MARYS AVENUE,
DURLEY ON THAMES, READING
RG8 8BJ

**HOPE COUNSELLING SERVICE**

England & Wales - Charity number 1185376

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# Accounts

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CHARITY COMMISSION  
FOR ENGLAND AND WALES

HOPE COUNSELLING SERVICE 1185376

**Receipts and payments accounts**

CC16a

For the period from	01/01/21	To	31/12/21
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**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
GIFT/GRANTS	7163 -	-	-	-	-
COUNSELLING DONATIONS	11747 -	-	-	-	-
GIFT AID TAX REFUND	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>18910 -</b>	-	-	-	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	<b>18910 -</b>	-	-	-	-
<b>A3 Payments</b>					
RENT	1900 -	-	-	-	-
DANAGER	6624 -	-	-	-	-
DECORATING	3033 -	-	-	-	-
EQUIPMENT	-	-	-	-	-
COUNSELLING SUPERVISION	4037 -	-	-	-	-
INSURANCE	122 -	-	-	-	-
TEL/POSTAGE	630 -	-	-	-	-
GENERAL ADMIN EXPENSES	520 -	-	-	-	-
TRAINING	-	-	-	-	-
<b>Sub total</b>	<b>16866 -</b>	-	-	-	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	<b>16866 -</b>	-	-	-	-
<b>Net of receipts/(payments)</b>	<b>2044 -</b>	-	-	-	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	<b>10226 -</b>	-	-	-	-
<b>Cash funds this year end</b>	<b>12270 -</b>	-	-	-	-

# Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	BANK BALANCE	12270	-	-
	CHEQUES TO CLEAR	-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>12270-</b>	<b>-</b>	<b>-</b>
(agree balances with receipts and payments account(s))		OK	OK	OK

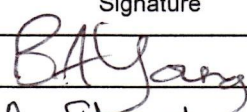
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	BARRY Young	13/10/22
A. Stewart	ALISON STEWART	13/10/22



Section A Independent Examiner's Report

Report to the trustees/ members of

HOPE COUNSELLING SERVICE

On accounts for the year ended

31 DECEMBER 2021

Charity no (if any)

1185376

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 12 2021.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (~~other than that disclosed below~~ \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed:

[Signature]

Date:

6/10/2022

Name:

IAIN DAVID GEORGE

Relevant professional qualification(s) or body (if any):

Address:

59 ST MARYS AVENUE, PURLEY ON THAMES, READING, BERKSHIRE RG8 8BJ



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## **Trustees' Annual Report for the period**

**From 1<sup>st</sup> January 2021 To 31 December 2021**

**Charity name: HOPE COUNSELLING SERVICE**

**Charity registration number: 1185376**

### **Objectives and Activities**

Summary of the purposes of the charity as set out in its governing document	The object of the CIO is to promote and protect the mental health of people residing in Reading and the surrounding areas through the provision of a counselling service in accordance with the values of the Christian faith.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Providing counselling to individuals in person and online. Providing online support for individuals on the waiting list. Providing counselling supervision for the counsellors working with the charity. Providing managerial and administrative services to run the charity. Fundraising. Networking with other charities and community groups.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	The Trustees have done so.

### **Additional information (optional)**

You may choose to include further statements where relevant about:

Contribution made by volunteers	There were twelve volunteer counsellors working with the Service during this period and one volunteer admin helper.
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## Achievements and Performance

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>The number of members of the public who we saw for counselling during the period covered by this report is sixty-seven.</p> <p>The number of counselling sessions given to members of the public was 1480 during this period.</p> <p>Common issues presented by clients were anxiety and depression. Other presenting issues were: the difficult effects of changes in life circumstances, job instability, grief, relationship break-ups, social anxiety, self-esteem issues, anger management, porn addiction, trauma, getting life back on track after break-up or addiction. The Service provided a place where people could come and speak about their problems in a confidential setting. Our fees via donations mean that it is affordable to members of the public who would struggle to pay the professional going-rate.</p> <p>Due to Covid meeting restrictions, some of our counselling sessions were online, especially in the earlier months of 2021. We continued to offer both online and in-person sessions throughout the year.</p> <p>We provided fortnightly supervision to our volunteer counsellors to advise, support and direct them in their work. This supervision was given by a qualified counselling supervisor; their fees paid for from Hope Counselling Service funds.</p> <p>We provided a placement for counselling experience for five trainee counsellors. We continue to be a Service where trainee counsellors apply to work with us and appreciate the support we give them during their training. A number of trainees stay with us to work as counsellors after they have completed their training.</p> <p>We offered six 6-week courses on the subject of "Building Resilience in Challenging Times" to the members of the public on our waiting list, with appreciative feedback on the help this gave individuals, waiting to see a counsellor.</p> <p>We receive referrals from the NHS Talking Therapies, local charities, community-support organisations, faith leaders, etc. We also have students who are studying locally applying for counselling. In this way we provide a service to the community.</p> <p>In the autumn of 2021, we closed our application process for two months as our waiting list was getting too long.</p> <p>Our experience indicates that, in being an avenue for relief, progress, hope and restoration for the individual coming for counselling, the benefits can extend to that individual's family, colleagues, friends and community.</p>
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## Structure, Governance and Management

Description of charity's trusts:	
Type of governing document (trust deed, royal charter)	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	C.I.O.
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Interview and references taken. No constitutional provisions.

## Reference and Administrative details

Charity name	Hope Counselling Service
Other name the charity uses	
Registered charity number	1185376
Charity's principal address	229 Kings Road, Reading RG1 4LS. Postal address is 233 Kings Road, Reading RG1 4LS

## Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Elaine Holmes	Chair of Trustees		
2	Barry Young	Treasurer		
3	Neil Hooley			
4	Debbie Hunt			
5	Alison Stewart			

## Name of chief executive or names of senior staff members (Optional information)

Deborah Marsden, Manager

## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Elaine Holmes</i>	<i>Neil Hoozey</i>
Full name(s)	ELAINE HOLMES	NEIL HOOZEY
Position (eg Secretary, Chair, etc)	CHAIR	TRUSTEE
Date	13 OCTOBER 2022	

**HOPE COUNSELLING SERVICE**

England & Wales - Charity number 1185376

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# Accounts

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HOPE COUNSELLING SERVICE

READING, BERKSHIRE, U.K.

**TRUSTEES ANNUAL REPORT for the period 18<sup>th</sup> September 2019 to  
31<sup>st</sup> December 2020**

**Charity name:** Hope Counselling Service (HCS)

**Registered Charity number:** 1185376

**Constituted as:** a Charitable Incorporated Organisation

**Charity's postal address:** 233 Kings Road, Reading RG1 4LS

**Office and Counselling rooms at:** 229 Kings Road, Reading RG1 4LS

**Names of Trustees:** Elaine Holmes (Chair), Barry Young (Treasurer), Neil Hooley, Debbie Hunt, Alison Stewart.

**Bank:** NatWest, 131 Crockhamwell Road, Woodley, Reading, RG5 3XZ

## **GOVERNANCE AND MANAGEMENT**

### **PERSONNEL**

The Manager is Deborah Marsden-Kwan. The in-house Group Supervisor is Jane Clark. These two are part-time paid positions.

As at 31<sup>st</sup> December 2020 there were nine volunteer counsellors. Four of the Counsellors were qualified to Diploma level or above. Others were continuing their training and have a placement with HCS. A volunteer assists the Manager with some administrative tasks.

All personnel (including Trustees) , paid and voluntary, are required to have current D.B.S. certificates.

### **TRUSTEES' WORK**

Elaine Holmes's one year term of office ended in March 2020. She offered to serve a further term until March 2023. This was agreed.

Hope Counselling Service received Registered charitable status from the Charities Commission in September 2019 and opened the premises for counselling in October 2019. By the end of 2019, many of the main policies and guidelines needed for governance had been agreed. These were: 'Safe Lone Working', 'Children and Vulnerable Adults Protection and Safeguarding', 'Health and Safety', 'Equality' and 'Environmental Policy'. During 2020, the Trustees also agreed the following policies and procedures: 'Grievance, Disciplinary, Harassment of staff, Whistleblowing, Complaints and RIDDOR. All the policies and procedures are available in printed form in the office for reference as well as saved as Word documents. The counsellors are made aware of the policies as part of their induction to the Service.

Those policies which came up for an annual review were reviewed by the Trustees and any agreed changes to the wording was made and the print copy updated.

The Trustees' work also included applying for grants and donations, overseeing the finances, and arranging for improvements to the premises. The Trustees also reviewed the wording of the website and the client application form and made changes to these.

Trustee, Neil Hooley, took on the role of Designated Safeguarding Officer and this information was communicated by email to all the counsellors and was also displayed on a notice on the office noticeboard.

## **RESPONSE TO THE CORONAVIRUS PANDEMIC**

Trustees were involved in the decision to close the premises to clients in March 2020, following the increasing Coronavirus infection rate. Trustees' work included the writing and preparation of the Risk Assessment document. A grant from Reading Borough Council was received to cover most of the expenses of continuing to work in the context of the pandemic. All of the counsellors moved over to seeing clients by zoom during the lockdowns. Group supervision was held via zoom. The Service remained working throughout the pandemic and available to the public. Some clients were seen in person when the lockdowns eased. Some clients did not want zoom counselling so were put on a waiting list for when we reopened the premises.

While the premises were not in use during the first lockdown, the furnishings and layout of the counselling rooms and the office were adjusted to allow for a return of counselling on the premises when that was allowed. A cleaning check list document was produced in preparation for a return to the premises. With the premises not in use, the carpet in the office was replaced with a new one.

The Reading Borough Council grant, referred to above, also covered paying for our counsellors to attend a zoom training course run by Cruse Bereavement. The course was on Grief and Bereavement: the training to prepare our counsellors, manager and clinical supervisor to be more prepared for the possible effects of the pandemic.

## **OBJECT AND ACTIVITIES**

### **HCS OBJECT**

Our 'Object' in our Constitution (as amended 12 September 2019) is worded as:

*The object of the CIO is to promote and protect the mental health of people residing in Reading and the surrounding areas through the provision of a counselling service in accordance with the values of the Christian faith.*

### **ACTIVITIES**

Hope Counselling Service opened its doors to clients in October 2019. From the beginning, we have had people wishing to make use of our Service and at the time of writing we have a waiting list of people wishing to be seen. Applications for counselling have come via people self-referring, recommendations from others and people having been signposted to us from the NHS Talking Therapies and other Services.

From January to March 2020, we were invited to offer counselling to guests who were attending *Bed for the Night* which is a service provided by a branch of FAITH charity and Reading Borough Council for people who are homeless. Two HCS Counsellors volunteered to serve in this way.

We interviewed and accepted three additional Counsellors before the lockdown began. All three of these started working during the lockdown. In late September 2020 we interviewed and accepted a further two trainee Counsellors who had applied for a placement with us. We are bearing in mind trying to keep a balance in our numbers of qualified Counsellors and trainee Counsellors.

A second supervision group was started during 2020, with Jane Clark as the Supervisor.

### **FINANCIAL REVIEW**

We received donations from clients, individual supporters and Trust donors as well as the grant from Reading Borough Council. Reading Borough Council's grant was specifically for use to help with our work during the Coronavirus lockdown, preparing for opening again and for Counsellor training. We applied for a couple of other grants and were not successful.

Reading Borough Council paid HCS for their counselling service in the *Bed for the Night* provision.

We invite clients to donate towards their Counselling sessions. There is no fixed sum suggested – it is according to their ability and willingness to give. We inform clients that the cost of providing a session is estimated at £35 per session. During lockdown we moved to enabling clients to donate via bank transfer. We purchased a debit/credit card reader for use on the premises.

We received a donation of £720 for the start of a 'Training Fund' – money to be used to pay for or subsidise future training for the Counsellors working with us.

A local Counselling Service closed its work and donated £3000 to HCS following its closure in 2020.

We are grateful to our landlord for giving us a three-month rent holiday over the summer of 2020 in light of the closure of our premises due to the Coronavirus.



**Receipts and payments accounts**

CC16a

For the period  
from

Period start date  
19/09/2019

To

Period end date  
31/12/2020

**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Gifts/ Grants	10,340	-	-	10,340	-
Counselling Donations	9,399	-	-	9,399	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>19,739</b>	<b>-</b>	<b>-</b>	<b>19,739</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>19,739</b>	<b>-</b>	<b>-</b>	<b>19,739</b>	<b>-</b>
<b>A3 Payments</b>					
Rent	2,280	-	-	2,280	-
Manager	6,720	-	-	6,720	-
Decorating	422	-	-	422	-
Equipment	1,366	-	-	1,366	-
Counselling Supervision	1,110	-	-	1,110	-
Insurance	214	-	-	214	-
Telephone/Postage	558	-	-	558	-
General Expenses	1,360	-	-	1,360	-
Training	600	-	-	600	-
<b>Sub total</b>	<b>14,630</b>	<b>-</b>	<b>-</b>	<b>14,630</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>14,630</b>	<b>-</b>	<b>-</b>	<b>14,630</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>5,109</b>	<b>-</b>	<b>-</b>	<b>5,109</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,117	-	-	5,117	-
<b>Cash funds this year end</b>	<b>10,226</b>	<b>-</b>	<b>-</b>	<b>10,226</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank Balance	11,587	-	-
	Cheques still to clear	1,361	-	-
		-	-	-
	<b>Total cash funds</b>	<b>10,226</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))			

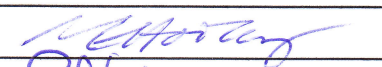
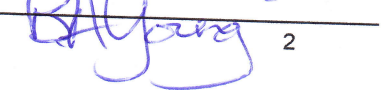
Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	NEIL HOODLEY	14/10/21
	BARRY YOUNG	14/10/21



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name: HOPE COUNSELLING SERVICE

On accounts for the year ended

31 DECEMBER 2020 Charity no (if any): 1185376

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
• the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed: [Signature]

Date: 8/10/2021

Name: DAVID MARETT

Relevant professional qualification(s) or body (if any):

ICAEW

Address:

5 JENNETS CLOSE, TUTTS CLUMP, READING, RG7 6JZ